



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 11009, Artichokes, (globe or french), frozen, unprepared

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	88.59	7	0.431	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	38	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	158	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Protein	g	2.63	4	0.100	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.43	4	0.103	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.60	4	0.041	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	7.75	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Fiber, total dietary	g	3.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Minerals													
Calcium, Ca	mg	19	4	2.068	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	0.50	4	0.149	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	27	3	2.067	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	58	4	4.330	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	248	3	20.763	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	47	3	5.276	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.32	3	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.054	3	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.243	3	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	5.3	3	1.364	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.058	4	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.140	4	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.860	4	0.124	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.188	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.082	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	126	3	4.115	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	126	3	4.115	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1984
Folate, DFE	µg	126	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin A, RAE	µg	8	4	0.403	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	154	4	8.056	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
12:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.012	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
Fatty acids, total polyunsaturated	g	0.179	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
18:2 undifferentiated	g	0.130	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
18:3 undifferentiated	g	0.049	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984